Muscular System Study Guide

- Label the diagram to the right with: fascile, tendon, muscle fiber, endomysium, epimysium, perimysium,
- Place the following words in order from largest to smallest: fascicle, myofilament, myofibril, myofiber (muscle cell), sarcomere
- List the 5 functions of the muscular system



- 4. Label the following: sarcomere,, myosin, and actin on the figure to the right.
- Thick filament fibers in myofibrils are _____ while thin filaments are called _____.
- For each step in the diagram describe the state of contraction for the sarcomere.
 - a) Sarcomere is _____
 - b) Sarcomere is beginning to ______ slides toward the center, as it is pulled
 - by the _____ slides toward the center, as it is pulled to the ____ crossbridges
 - c) Sarcomere is _____



- is the neurotransmitter that is released to stimulate the muscle.
- What two ions are exchanged when the neurotransmitter opens the gates on the membrane of the muscle fiber? _____ & ____
- 9. What ion is stored by the sarcoplasmic reticulum and starts muscle contraction? ______
- 10. Place the following steps in order of how a muscle contracts
 - a) neuron releases a neurotransmitter to stimulate the muscle
 - b) myosin heads attach to the actin filaments
 - c) ATP is converted to ADP when the myosin head change shape pulling the actin filament
 - d) Myosin heads pull the actin filament together
 - e) Sarcoplasmic reticulum release calcium ions
- 11. Describe the sliding filament theory of muscle contraction.

Anatomy Physiology Muscular System Study Guide

Edith Applegate

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